## Free/Affordable Health Care

#### Boston HealthNet and

# Cambridge/Somerville Network Health

Individuals and families meeting income guidelines receive free or low cost hospitalization, doctor's visits, mental health, prescription medicines & clinical tests. 888-566-0008/Boston

888-566-0010/Cambridge, Somerville 888-566-0012 Spanish

www.network-health.org

www.network-nearm.org

# The Children's Medical Security Plan

Provides free or low cost health insurance to Massachusetts's residents under the age of 19 who are eligible for Mass Health.

800-909-2677

www.cmspkids.com

#### CommonHealth

Health insurance for working disabled adults and children under 18 800-841-2900 800-608-3300 (TTY)

## Health Care for All - Health Helpline

Information, referral, and advocacy for health care. Health Care For All is dedicated to making adequate and affordable health care accessible to everyone, regardless of income, social or economic status. Provides free prescription drugs to income eligible consumers through their doctors who order directly from pharmaceutical company. Their goal is to empower consumers in Massachusetts to know more about the health care system and become involved in changing it.

617-350-7279

800-272-4232

www.hcfama.org

# **Healthy Start**

Insurance for eligible pregnant women and referrals to health care and other services; provides one pediatric exam for newborn baby; all immigrants eligible

800-531-2229

#### MassHealth

www.state.ma.us/dma

Health insurance for eligible families; transportation program for clients receiving MassHealth care services 800-841-2900 800-497-4648 (TTY)

Massachusetts League of Community Health Centers

Referrals to local health centers and information about free or reduced-cost health care; open to all immigrants 617-426-2225, 800-475-8455

www.massleague.org

# Medical Security Plan

Program that provides health insurance to individuals and their families who receive unemployment benefits 800-914-4455

www.detma.org/WSmsp.htm

## **Pharmacy Plus**

For low-income seniors and disabled persons who have no pharmacy coverage, have exhausted other drug benefits are not receiving MassHealth and have excessive drug costs

www.800ageinfo.com

# Addiction

800-243-4636

#### Al-Anon

Support for family members affected by alcoholism or other substance abuse 508-366-4663/Westborough 508-394-4555/West Dennis www.al-anon-alateen.org

# Mass. Substance Abuse Info & Education Helpline

Referrals to substance abuse treatment services 800-327-5050 (24 hr) 617-536-5872 (TTY) www.helpline-online.com

# **Smokers Quitline**

Counseling & referrals to smoking cessation programs 800-TRY-TO-STOP (24 hr) English 800-833-5256 (24hr) Spanish 800-TDD-1477 (TDD) www.trytostop.org

# Reproduction/Parenting

# **Depression After Delivery**

Information for new parents & referrals support groups 800-944-4PPD (24 hr) www.depressionafterdelivery.com

# La Leche League

Telephone counseling on breastfeeding, new mothers' groups, and information on breast pump rentals & sales 800-LA-LECHE www.lalecheleague.org

### Massachusetts Family Planning Program

Referrals to family planning clinics, and information about birth control and reproductive health services 617-624-6060

www.state.ma.us/dph

# **Nursing Mothers' Council**

Breastfeeding counseling; breastfeeding pumps 617-244-5102 www.bace-nmc.org/NMC.htm

# Planned Parenthood League of Massachusetts

Counseling and referral service; confidential pregnancy testing; reproductive health services 800-682-9218/Boston 413-732-1620/Springfield 800-539-2378/Worcester www.pplm.org

# Pregnancy Help

Assist with free pregnancy testing, counseling, adoption referrals, and advocacy. 617-782-5151, 888-771-3914

# WIC (Women, Infants, and Children)

Food for eligible pregnant women and children under 5 and information on nutrition, breastfeeding, child health and development, and parenting 617-624-6100, 800-WIC-1007 www.fns.usda.gov/wic

# Mental Health

# Massachusetts Department of Mental Health

Emergency evaluations and treatment for persons having a mental health crisis 800-221-0053 www.state.ma.us/dmh

# Massachusetts Psychiatric Society

Referrals to mental health providers 781-237-8100 www.psychiatry-mps.org

#### National Mental Health Association

Referrals to mental health providers and information on mental health 800-969-6642 www.nmha.org

#### Women's Health

# Center for Young Women's Health

Provides educational, clinical care, research & health care for adolescent girls and young women 617-355-CYWH www.youngwomenshealth.org

#### National Women's Health Information Center

Free health information 800-994-WOMAN 888-220-5446 (TDD) www.4woman.gov

# **Illness Hotlines**

# Center for Disease Control National AIDS Hotline

Questions about prevention, risk, testing, treatment and other HIV/AIDS- related concerns. Information Specialists are available 24 hours a day, 7 days a week. 800-342-AIDS 800-344-7432 Spanish 800-243-7889 (ITY) www.ashastd.org/nah/index.html

#### Center of Disease Control STD Hotline

Provides toll-free information on sexually transmitted diseases (STDs) and human immunodeficiency virus (HIV) to the general public. 800-227-8922 www.ashastd.org/NSTD/index.html

# Sexually Transmitted Disease Control Program

Locations and hours of clinics that screen and treat sexually transmitted diseases; information on STDs 617-983-6940 866-749-7122

#### **AIDS Hotline**

Information, referrals and support for HIV and AIDS-related issues 800-235-2331 (English) 617-437-1672 (TTY)

### **American Cancer Society**

Information on screening, free examinations, diagnostic services, treatment, and transportation 800-ACS-2345 www.cancer.org

## **Anonymous HIV Testing**

Information and referrals for HIV testing and needle exchange programs 800-750-2016

#### **Cancer Information Service**

Information and referral for treatment, diagnosis, local resources and early detection 800-4-CANCER (Bilingual)

# Fenway Community Health Center

Anonymous HIV Testing 617-267-0900/Boston 888-242-0900 English & Spanish 617-926-6460 Spanish 617-859-1256 (TTY) www.fenwayhealth.org

# **Advocacy**

# Health Law Advocates, Inc.

Statewide consumer advocacy organization promoting health care for every person in Massachusetts 617-338-5241 www.hla-inc.org

# Massachusetts Office of the Attorney General

Insurance Hotline 888-830-6277/Boston 617-727-0434 (TDD) 508-792-7600/New Bedford 508-990-9700/Worcester 413-784-1200/Springfield www.ago.state.ma.us

# Massachusetts Office of the Managed Care Ombudsman

Assist members of managed care organizations in understanding their rights and the processes available to them according to their managed care organization's internal grievance procedures 800-436-7757

www.state.ma.us/ombud/omco.htm

#### Massachusetts Division of Insurance

Consumer Help Line 617-521-7777/Boston 617-521-7490 (TDD) www.state.ma.us/doi

For MEDICARE issues contact:

#### Mass Pro

Ensures the consistency and quality of care for both the Medicare and MassHealth (Medicaid) populations in Massachusetts 800-252-5533 www.masspro.org

# **Greater Boston Medicare Advocacy Project**

Assists both elderly and disabled people who may have been unfairly denied Medicare. Will provide help by giving advice or free legal representation. 617-371-1234 ext. 400/Boston 800-323-3205 www.gbls.org

#### The Center for Medicare & Medicaid Services

Runs the Medicare and Medicaid programs. 617-565-1188 www.cms.hhs.gov

#### For MEDICAID (MassHealth) issues contact:

#### Massachusetts Division of Medical Assistance

Provides Medicaid-funded benefits to families, children, and adults with disabilities, and to senior citizens who meet eligibility requirements and who cannot otherwise afford health care.

Customer Service Line

800-445-6604

www.matp.org/dma.html

# Medicaid Managed Care Recipient Line 800-682-1062

# **State Agencies**

# Massachusetts Department of Public Health Massachusetts Women's Health Network

Provides free breast and cervical cancer screening and diagnostic services, and health education services to low income, uninsured women 877-414-4447 (English, Spanish, Portuguese) 617-624-5992 (TTY) http://www.state.ma.us/dph/fch/whn/index.htm

# The Massachusetts Commission on the End of Life Care

To assist individuals and their loved ones better address end of life issues. 617-624-5424

www.endoflifecommission.org

#### **Federal Information Center**

Information about federal agencies and programs 800-688-9889

#### Citizen Information Line

Information about state agencies and programs 800-392-6090

# State Representative and Senators

617-722-2000/State House

# Massachusetts Commission on the Status of Women





Massachusetts
Commission on the Status of Women
19 Staniford Street, 6th Floor
Boston, MA 02114

T: 617-626-6520 F: 617-626-6530 TTY: 711-617-626-6520 E-mail: mcsw@state.ma.us Web: www.mass.gov/women

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# Health/Medical Assistance Resource